



Mental Health First Aid



LEARN PRACTICAL FIRST AID SKILLS

The Standard Mental Health First Aid is a twelve-hour educational course, which teaches practical skills to provide initial support to adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a proven, evidence based Action Plan.

Conducted over 2 days, participants will

- Learn how to recognise common mental health problems
- Improve knowledge of mental illnesses, their treatments and appropriate first aid actions
- Increase confidence to provide first aid
- Learn where and how to seek appropriate professional help
- Know how to respond in a crisis situation

Training will be conducted by National and State LiFE Award winner, Wendy French. Wendy has presented Mental Health, Suicide Prevention and Suicide Bereavement training in various communities around Australia and has spoken and presented at various National and International conferences and forums.

What others say:

"I cannot commend Wendy French highly enough! A very competent and authoritative presenter of the course material. She has a gentle manner and it's obvious to see how much she cares about her audience."

"The best trainer I have come across in 30 years in the work force. Warm, open, knowledgeable, experienced, interesting, interested and instructive."

"One of the better courses I have attended. Well done, most enjoyable for a very serious issue in the country at the moment."

Recognising Commitment to MHFA in the Workplace - talk to Wendy about having your organisation recognised as a MHFA Skilled Workplace or for information about implementing MHFA Officers in your workplace.

* The Standard MHFA course is endorsed for CPE/CPD points by

- Australian Primary Health Care Nurses Association
- Australian College of Mental Health Nurses
- Pharmaceutical Society of Australia
- Australian College of Nursing.

Morning and afternoon tea are provided.

Bookings: www.talkingabout.net.au

Enquiries phone: Wendy French - 0412 468 666

Terms & Conditions:

Bookings are transferable but are non-refundable. Courses are promulgated in advance and are dependent upon minimum numbers. If sufficient numbers are not available, the course will be cancelled and tickets may be transferred to a future course or money will be refunded.

2020 Mental Health First Aid Courses

Standard Mental Health First Aid (12HOURS)					
HOBART - HIA Building. 30 Burnett St, North Hobart 9.00am - 4.00pm					
February	Thu 27 th – Fri 28 th	BOOK NOW	August	Thu 6 th – Fri 7 th	BOOK NOW
May	Mon 4 th - Tues 5 th	BOOK NOW	November	Thu 12 th – Fri 13 th	BOOK NOW
LAUNCESTON - Launceston Conference Centre, 50 Glen Dhu St South Launceston 9.30am - 4.30pm					
February	Mon 17 th & Tue 18 th	BOOK NOW	August	Mon 24 th & Tue 25 th	BOOK NOW
May	Mon 11 th & Tue 12 th	BOOK NOW	November	Thu 19 th & Fri 20 th	BOOK NOW
ULVERSTONE - Montgomery Room, Car Park Lane Ulverstone * off King Edward St. 9.30am - 4.30pm					
March	Thu 19 th & Fri 20 th	BOOK NOW	October	Mon 5 th & Tues 6 th	BOOK NOW
June	Thu 18 th & Fri 19 th	BOOK NOW			

REFRESHER – Standard Mental Health First Aid (4 HOURS)					
<i>*Pre- requisite completion of 12-hour Standard MHFA</i>					
HOBART - HIA BUILDING. 30 BURNETT ST, NORTH HOBART TIME: 12pm - 4.00pm					
March	Mon 2 nd	BOOK NOW	September	Mon 14 th	BOOK NOW
LAUNCESTON - Launceston Conference Centre, 50 Glen Dhu St South Launceston TIME: 12.30pm – 5.00pm					
June	Mon 22 nd	BOOK NOW			
ULVERSTONE - Montgomery Room, Car Park Lane Ulverstone * off King Edward St. TIME: 12.30pm – 5.00pm					
July	Mon 6 th	BOOK NOW			

For all enquiries please email: wendy@talkingabout.net.au

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